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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: KING OYSTER – ERYNGII MUSHROOM SUSHI

(4 servings)

INGREDIENTS / AMOUNT

1 dried seaweed(nori)
200g Eryngii
200g rice
1 cup vinegar
1 cup sugar
1 lemon
1/4 tsp wasabi
1/2 tsp soybean sauce

PREPARATION/PROCEDURE:

Rinse Eryngii with salted water and cook them in a pan without any oil or butter. Combine the water and rice in a saucepan and bring to a boil. Cover, reduce heat to low and simmer for 20 minutes, or until rice is tender and water has been absorbed. Boil vinegar and sugar slightly and after that cooled, put some lemon juice to it. Remove from the heat, stir it well and set aside to cool. Grasp rice peacefully and put the cooked Eryngii on it. Tie the Eryngii and rice with seaweed.

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(Source: OLG Hamburg, version of 17 July 80, Schulze OLGZ 229, p.7 – on using parts of a recipe)

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